

**Aging is out of your control.
How you handle it is in your hands.**

**Your senior center can open the door
to new healthy aging experience.**



What's a senior center?

Recognized by the Older Americans Act as a community focal point, a senior center is a place for older adults to gather for nutritional, educational, recreational and information services.

What are the costs involved?

Programs and services are affordable or often free.

Why attend a senior center?

Research shows that older adults who participate in senior center programs can learn to manage and delay the onset of chronic disease and experience measurable improvements in their physical, social, spiritual, emotional, mental and economic well-being.

How can I find out more?

Call the Lexington Senior Center at (336) 242-2290 or the Thomasville Senior Center at (336) 474-2754 for more information today.

